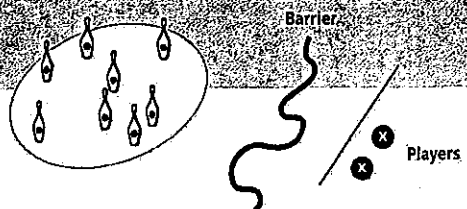


(particularly suitable for: archery, bowls, darts, golf, tenpin bowling, croquet, billiards, snooker, bocce and other sports as identified in each game)



# target games

Target games are essential in any player development program. In addition to the sports listed above, most sports have a target element to them (eg shooting for goal in invasion sports). The aim of target games is to place a ball or other projectile near, in or on a target in order to achieve the best possible score.

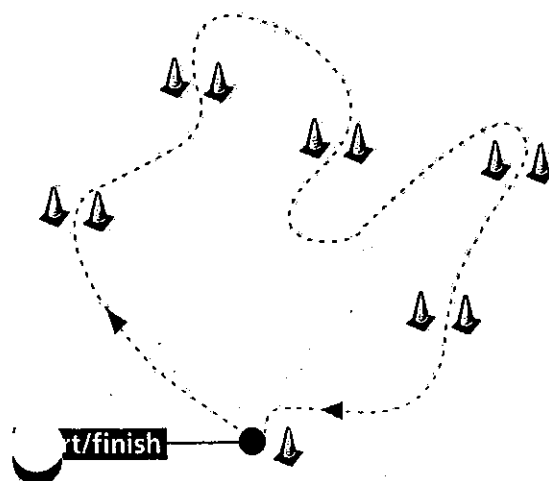
Target games encourage and develop a high degree of precision in the physical skills used. The fundamental movement skills employed are hand-eye coordination (accuracy of hit, throw, kick, etc) and concentration on a specific target.

Target games can be classified as unopposed (eg golf, archery) or opposed (eg bowls, bocce). In opposed games, the element of placement in relation to your opponent's object is introduced, in addition to accuracy.

The following modifications can be made to suit various needs of players

- distance to the target
- size of the target
- position of target
- weight and/or size of the projectile
- a scaled/bonus scoring system

Target games allow players to practise techniques and skills in a fun environment, with little pressure on them to perform.





Archery  
Baseball  
Bocce  
Bowls  
Cricket  
Darts  
Football codes  
Softball

**NAME:**

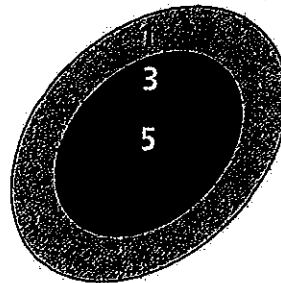
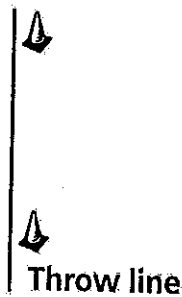
# bullseye

## **PURPOSE:**

To explore ways of accurately sending a ball to a target to score maximum points

## **EQUIPMENT:**

- Chalk, hoops, markers or ropes to form three concentric circles on the ground
- One small ball per player, eg sponge ball, quoits, heavy type of ball, softball, bean bags



## **HOW TO PLAY:**

- Work in small groups, eg four per group
- Players stand 3 metres away from the target
- Each player rolls or throws the ball to the target area trying to score maximum number of points, eg 5
- Points are scored depending on where the ball stops in the target area
- Each player to have a specified number of turns, eg 6

## **SAFETY:**

- Adequate space
- Each player has one turn from behind the throw line before balls are retrieved

## **FOCUS QUESTIONS:**

- What rolling or throwing technique was the best to use?
- What changes could you make if your ball finished a long way from the bullseye?
- How has the surface (smooth/rough) affected your throwing technique?
- Were you able to get closer to the bullseye as you had more turns? Why?

## **VARIATIONS:**

### **1. Change the distance of the players from the target**

#### *Focus questions*

- How did you change your shot when the distance to the target changed?
- How hard did you roll/throw the ball?

### **2. Try to score a set number of points (eg 20) using a specified number of shots (eg 6)**

#### *Focus questions*

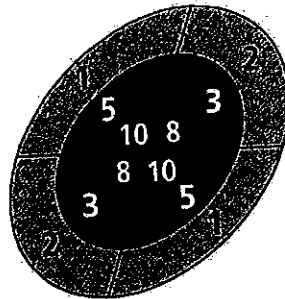
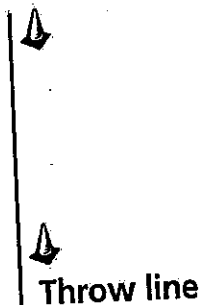
- What approach enabled you to score the right number of points?
- Did you try to place the ball in different areas of the target? Why?

### **3. Change the equipment/skills to be used (eg a kick, a strike) and use a variety of equipment so comparisons can be made**

#### *Focus questions*

- Was accuracy more difficult for some skills/equipment? Which ones? Why?
- How did you use your previous practices to improve your accuracy with the new equipment?

### **4. Add extra zones to the target, eg**



#### *Focus question*

- Did the extra zones change how you tried to score maximum points? If so, in what way?

### **5. Instead of placing the target on the ground, have the target on a wall**

**Safety note:** Players must take care as the ball rebounds

#### *Focus question*

- Did your throwing technique change? Why?

**NAME:**

# throw short – throw long

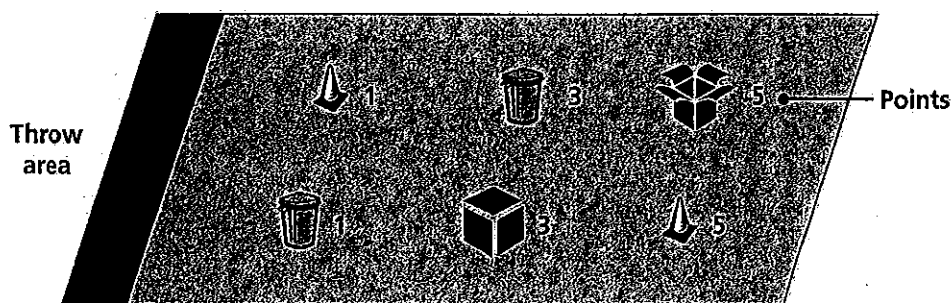
Bocce  
Bowls  
Football codes  
Golf  
Soccer  
Sofcrosse/Lacrosse  
Tennis

## **PURPOSE:**

To explore how shot selection may vary according to the size and distance of the target

## **EQUIPMENT:**

- Three large and three small hoops, or different sized boxes or bins to be used as targets
- One quoit, softball, bean bag, soccer ball or tennis ball per player
- The equipment used will depend upon which sport you wish to associate this game with



## **HOW TO PLAY:**

- Work in small groups, eg four per group
- Targets are organised at various distances from the player
- Points are allocated for each of the targets
- The aim is to hit or land in the targets and get the highest possible score using a specified number of throws, hits or kicks

## **SAFETY:**

- Have players throwing in the same direction
- Keep players a safe distance from the targets until all implements have been thrown/kicked or hit
- When using a golf club or a Tball stand have non-participating players well clear

## **FOCUS QUESTIONS:**

- Which targets will you aim for? Why?
- Were some targets always hard/easy irrespective of how far away they were?
- Did you choose to throw differently to the different targets? If yes, in what way?

## **VARIATIONS:**

---

1. **Players select a target number eg 30 and try to achieve that score in the least number of throws**

*Focus question*

- Did you take risks or play safe to score your points? Why?

2. **Compete as a pair. How many points can you score in 1 minute? One player throws for 30 seconds while the other player retrieves. Then players swap roles.**

*Focus questions*

- Is it better to go for higher points on each throw or go for the easier shots?
- How can you help each other to increase your points?

NAME:

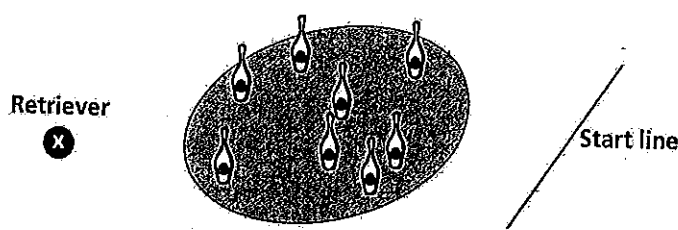
# clear the circle

## PURPOSE:

To explore how shot selection may vary according to the number and placement of targets

## EQUIPMENT:

- 6-8 skittles (can use plastic bottles) positioned inside a circle (eg hoop, markers, witches hats)
- Three softball sized balls per group of players
- A starting line
- Two players per station — if there is not enough equipment then players can play in groups of four or six with each person taking a turn to throw



## HOW TO PLAY:

- Each player has three turns to roll a ball at the targets, aiming to knock over as many as possible
- Targets that have been knocked over may be removed from the circle before the next ball is rolled
- One player throws while the other retrieves
- Each player takes a turn to throw

## SAFETY:

- Have adequate space between games
- Players take turns to act as retrievers to stop the ball and remove the targets

## FOCUS QUESTIONS:

- Where did you aim to hit when all the targets were standing? Why?
- What new challenges arose when some of the targets were knocked down? How did you solve these problems?
- Did you vary the speed of the ball rolling to knock the targets down? If so, did this have an effect?

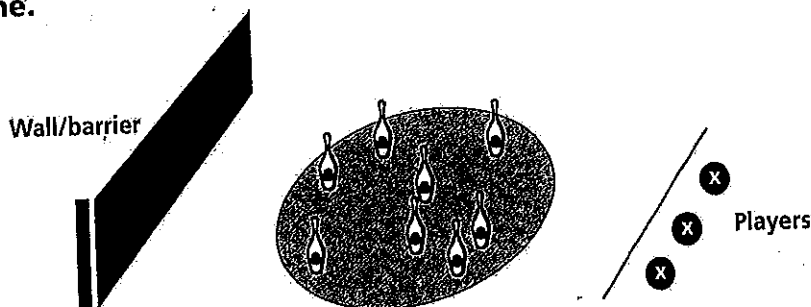
## VARIATIONS:

1. **Players try to knock down the targets in the least number of throws, hits or kicks, or players get one chance to knock down as many targets as possible**

### *Focus questions*

- How did this alter your method of throwing, hitting or kicking?
- How many targets will you knock down in five throws?

2. **Place the targets in front of a wall/barrier. The ball is rolled/thrown at the wall so that it rebounds to knock down the targets. Players should determine a starting position on the non-barrier side of the targets along a set line.**



### *Focus questions*

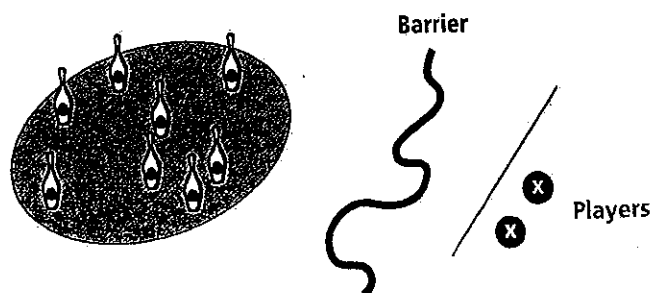
- Where can you stand to ensure the ball hits the wall before it hits the targets?  
Can this vary?
- Where will you aim on the wall to make the ball rebound onto the targets? Can this vary?

3. **Raise the targets off the ground by placing them in a group on a bench, desk, box or chair**

### *Focus questions*

- What techniques can be used now to hit the targets?
- Which ones are successful for you?
- Which part of the target will you aim to hit? Why?

4. **Place a barrier (eg a net or have two players hold a skipping rope) between the targets and the starting line. Players must throw the ball under or over the barrier before hitting the targets.**



### *Focus questions*

- Was it easier to go under or over the barrier? Why?
- What techniques did you use?



**NAME:**

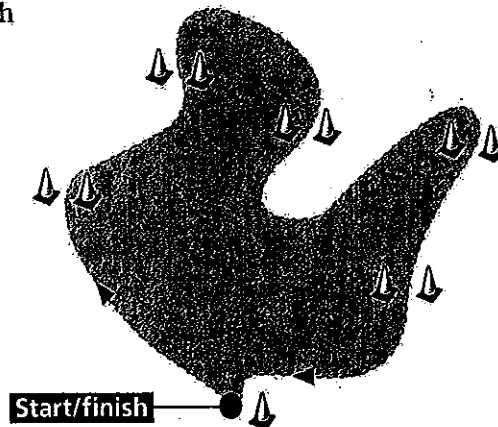
# push to score

## **PURPOSE:**

To explore the advantages and disadvantages of removing an opponent's ball from the target area.

## **EQUIPMENT:**

- Ten field markers or cones set up in pairs as in diagram
- One hockey stick, one ball (sponge or softball) or soccer ball per team of four
- One cone to indicate start and finish



## **HOW TO PLAY:**

- Relay — teams of approximately four
- Two relay teams compete against each other using the same course at the same time
- The first player in each team hits, pushes or dribbles the ball around the course in between each set of cones
- After completing the course the player passes the ball to the next player in their team
- This is repeated until all team members have completed the course
- When players have gone through the first cones, they may knock their opponent's ball away in an attempt to complete the course first

## **SAFETY:**

- Hockey sticks must be kept below waist height
- Allow sufficient space between game areas
- No physical contact is allowed between players

## **FOCUS QUESTIONS:**

---

- When do you decide to knock your opponent's ball away and when is it better to concentrate on steering your own ball between the cones?
- How can you deflect your opponent's ball away from the target?
- Do you need to hit hard or softly to get the ball in a good position?
- How can you avoid placing your ball in a poor position after contacting your opponent's ball?

## **VARIATIONS:**

---

### **1. Change the distance for each set of cones, eg move them closer together or further apart**

#### *Focus questions*

- What changes did you have to make to the way you hit or dribbled the ball after the cone was moved?
- How did you control the ball to avoid your opponent kicking or hitting it?

### **2. Place a time limit on the game, eg 3 minutes**

#### *Focus questions*

- What tactics did your team, or could your team have used to ensure the maximum number of circuits were completed in the given time?
- What risks did your team take given the time pressure?

NAME:

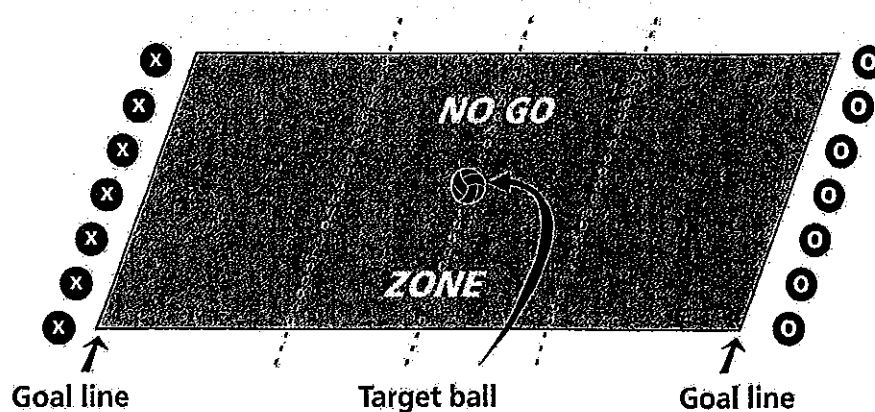
# bombard

## PURPOSE:

To combine as a team to force a target over the opposition's goal line

## EQUIPMENT:

- A volleyball court
- Lines across the court to distinguish goal lines and the centre line
- One target ball — a deflated ball is suitable for smooth surfaces, an inflated ball is suitable for grassed areas
- Ten tennis balls; allow two per player



## HOW TO PLAY:

- Each team is lined up along a baseline of the court
- Up to 10 tennis balls are available for each team
- The target ball is placed in the middle of the court
- On 'go', each team tries to force the target ball across their opponent's goal line by using a rolling or bouncing action with the tennis balls
- Tennis balls that finish in the no go zone cannot be retrieved and reused
- If the target ball is pushed over the sideline before it crosses the goal line, it is returned to the middle, in line with where it went out
- Play then continues
- The game finishes when the target crosses one of the goal lines or there are no tennis balls left

**Note:** Allow 'timeouts' to discuss team tactics

## **SAFETY:**

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- Ensure space is sufficient for the number of players involved and between games
- Check that the tennis balls are always kept low to the ground
- Players can only throw their ball at the target

## **FOCUS QUESTIONS:**

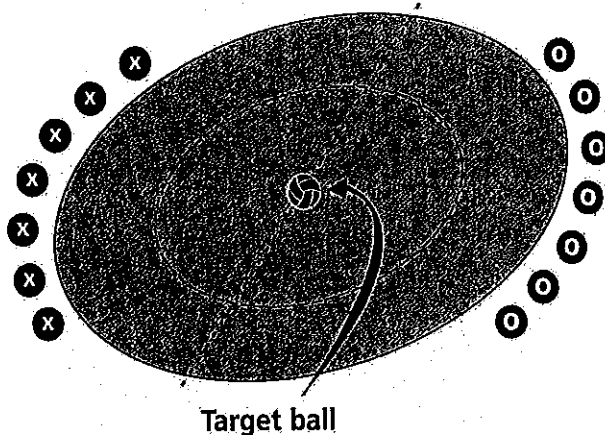
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- How can you work as a team to move the target down court?
- How can you work as a team to retrieve the tennis balls?
- What changes might be necessary as fatigue sets in?
- How can you work as a team if the target is getting close to your goal line?
- If the target is moving towards the sideline, what do you need to do to keep it on court?

## **VARIATION:**

---

### **1. Change the shape of the playing field, eg**



### *Focus question*

- What adjustments to players' positions might be made once the target starts to move?

NAME:

# obstacle snooker

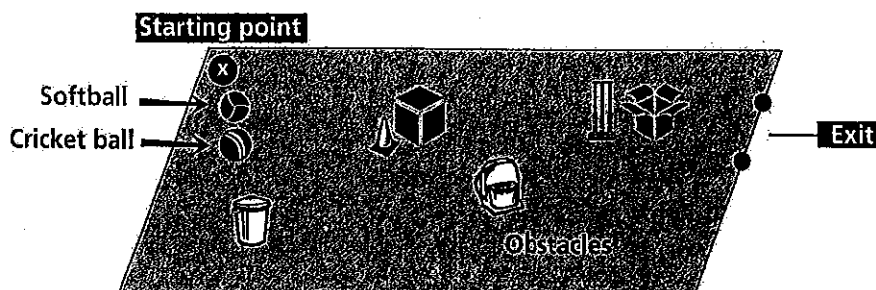
## PURPOSE:

To determine how to use one ball to hit another ball through obstacles and within a confined space

## EQUIPMENT:

- One softball and cricket ball per player
- An enclosed playing space (eg benches or planks on their sides, boxes, school bags etc) with an 'exit' at one end
- A suitable number of 'obstacles' (eg school bags, shoeboxes etc) according to size of playing area

**Note:** This game is more suitable for a hard playing surface (eg concrete, bitumen, classroom floor)



## HOW TO PLAY:

- Place the cricket ball on the playing area (see diagram)
- Players must stand at least 1 metre behind the cricket ball
- Each player takes a turn to roll the softball to hit the cricket ball
- The aim is to get the cricket ball through the 'exit' using the least number of hits possible
- Players compete in pairs or in teams of four

## SAFETY:

- Give each player sufficient time and space before the next player starts

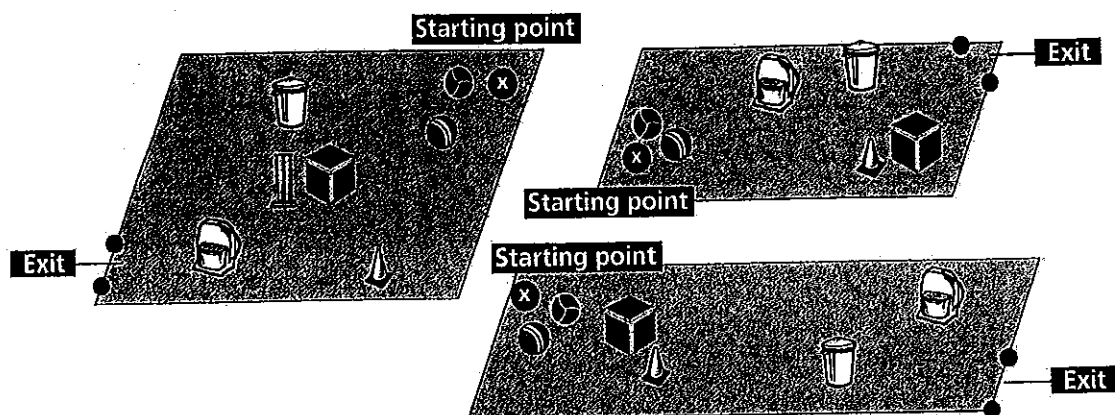
## FOCUS QUESTIONS:

- Which boundary or obstacle can help you move the cricket ball towards the exit?
- Where on the boundary/obstacle does the ball need to hit to be deflected towards the exit?

- Is it better to hit the ball hard or softly so that it travels where you want it to go?
- What other paths can the ball take to get it through the exit?

## **VARIATIONS:**

### **1. Revise layout, size of playing area or starting position**



#### *Focus questions*

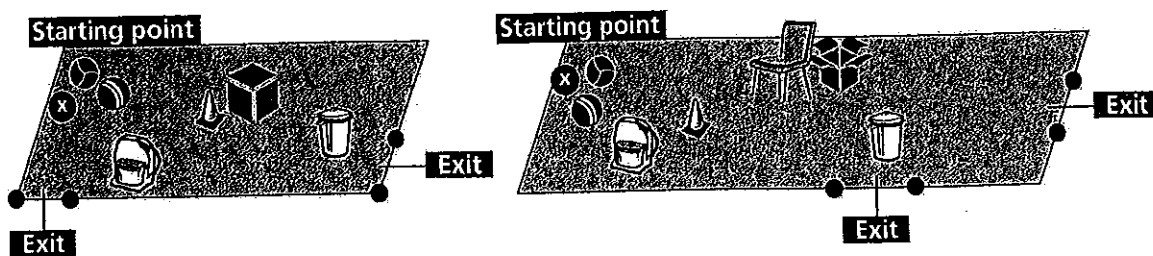
- How many different paths can be found?
- Are some paths more successful than others? Why?

### **2. Compete against another player. Each player in turn tries to progress through to the exit. Different coloured balls may be needed. A player may try to deflect an opponent's ball.**

#### *Focus questions*

- When is it better to try to hit your opponent's ball?
- When is it better to try to score?

### **3. Have a variety of 'exits' worth different points. Compete individually or against another player, eg**



### **4. Play for a set time (eg 5 minutes)**

#### *Focus questions*

- When should you go for the 'easier' points and when should you go for the harder points?
- With 1 minute left to play and the score 10-6 against you, what can you do to win the game?

**NAME:**

# bean bag golf

## **PURPOSE:**

---

To explore how placement of shots needs to be adjusted according to the course/field hazards and distance between targets

## **EQUIPMENT:**

---

- One bean bag per player
- Six small hoops as holes
- Six markers to indicate starting point for each hole
- Ropes to indicate hazards and course boundaries where appropriate
- Additional hazards, eg school bags, mats, chairs, cardboard boxes, high jump stands etc placed at various positions on the course
- Set up the course trying to incorporate the hazards listed below
  - Hole 1 — stay between the ropes — medium length hole
  - Hole 2 — throw over the 'water hazard' — medium length
  - Hole 3 — throw under the chairs and over the mat — long hole
  - Hole 4 — throw over the high jump bar — short hole
  - Hole 5 — throw between the two sets of school bags — short hole
  - Hole 6 — throw over the boxes — long hole

## **HOW TO PLAY:**

---

- Each player throws their bean bag toward the hole, aiming to land it inside the hole using a minimum of throws
- If the bean bag lands short of the hole then the player moves to the spot where it landed and again throws the bean bag toward the hole
- Each player repeats the process until they land their bean bag in the hole
- Continue around the course until all holes have been completed
- Add the scores for each hole to reach a total score
- Try to improve this score when repeating the circuit (the lower the score the better)
- Play individually or as a team

## **SAFETY:**

---

- Position each hole so that interference between players using different holes does not occur
- Only have one player per hole throwing at any one time

- Use the rule that the player closest to the hole should throw first and then move out of the way
- In large classes have about four players per hole (more holes may need to be thought up)

## **FOCUS QUESTIONS:**

---

- How many shots do you think you need to complete the hole?
- What type of throw is required to get over/under/between the next hazard?
- Where is a good position to throw the bean bag in readiness to 'attack' the hazard?
- What are the best types of throws to use?

## **VARIATIONS:**

---

- 1. Change the equipment to be used, eg ball, frisbee, etc, or method of delivery, eg kick, throw, hit, etc**

*Focus questions*

- What changes need to be made now that the ball/frisbee can roll on landing?
- What is the best technique to use to get the ball/frisbee over/under the hazard?

- 2. Add a point to the score if the ball or frisbee lands in a hazard or goes out of bounds**

*Focus questions*

- Has the new rule made you rethink your approach to the hole? In what way?

- 3. Add extra 'hazards' and use a variety of targets (eg small garbage bin — upright or on side, shoe box, chairs etc). Different equipment and techniques may be appropriate for different holes.**

*Focus questions*

- Where will you aim? Why?
- How did the changes in targets affect the techniques used?



NAME:

# corner bowls

## PURPOSE:

To combine with a team-mate to out-score opponents by:

- accurately placing balls close to the target
- displacing opponents' balls to deny access to the target

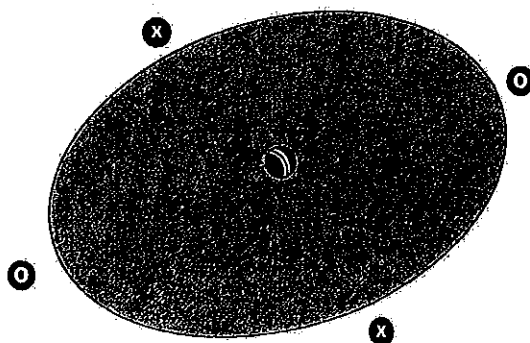
## EQUIPMENT:

- Two balls, eg tennis balls, per player
- Balls need to be marked with a shape, colour or a number
- One cricket ball as the target

**Note:** A smooth playing surface (eg grassed area, bitumen etc) is best for this game

## HOW TO PLAY:

- Four players are positioned in square formation around the target as indicated below
- X players compete against O players



- Each player in turn rolls one ball towards the target, until all players have had two turns
- Points are awarded to each team based on the four balls which finish closest to the target (4-3-2-1 points are to be allocated)
- Complete four games with each player taking it in turn to be the first to play

## SAFETY:

- Have adequate space between games, eg set up in a grid formation
- Insist that balls are rolled (not thrown) at the target
- Only one player rolls the ball at a time

## FOCUS QUESTIONS:

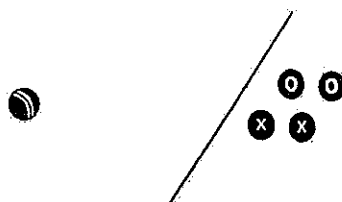
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- How can you combine to restrict the scoring opportunities for your opponents? Discuss this with your partner.
- If your opponent's ball is closer than yours to the target, what options do you have?
- If your team has two balls closer to the target than your opponents, what options do you have?
- When would you try to score maximum points?
- When would you play safe?

## VARIATIONS:

---

1. All players roll their balls from the same starting position



### *Focus questions*

- Is it generally better to roll the ball short of the target or further than the target? Why?
- Do you need to change your technique when everyone uses the same starting position?

2. Change the way points are scored— either only the ball closest to the target scores a point, or all eight balls score points (8-7-6-5-4-3-2-1)

### *Focus questions*

- Which scoring system created the greatest pressure? Why?
- How did your tactics change to cater for the different scoring systems?

3. Draw a circle around the outside of the target. If the target is 'forced' outside the circle, the game is dead and no points are awarded.

### *Focus question*

- When would you try to force the target outside the circle?